

KEWA HEALTH

Healthy People, Healthy Community, Healthy Lifestyles

NEWSLETTER

SEPTEMBER 2025



SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

2025
KEWA PUEBLO HEALTH CORPORATION

HEALTH FAIR

“PREVENTION IS POWER”

SAVE THE DATE

OCTOBER 17TH 10AM - 3PM

- ▶ EDUCATION
- ▶ WORKSHOPS
- ▶ MAMMOVAN SCREENINGS
- ▶ RUN/WALK
- ▶ FREE FOOD & MUSIC
- ▶ LIVE SPEAKERS
- ▶ COMMUNITY RESOURCES
- ▶ VACCINATIONS
- ▶ GIVEAWAYS
- ▶ AND MUCH MORE!

+ TRANSPORTATION AVAILABLE



VISIT: WWW.KP-HC.ORG/HEALTHFAIR FOR MORE INFORMATION

Talking With Milton...

September is Suicide Prevention Awareness month, and today we are talking with Milton Sanchez, LCWS a behavior health provider here at KPHC, about how we can all play a role in saving lives. Thank you for joining us.

So Milton, what are some warning signs people should look out for?

That's a great question, some warning signs to look for are if someone is talking about wanting to die, feeling like a burden, or having no reason to live. Also, major mood or behavior changes (withdrawing, anger, shame, hopelessness), increased substance use; reckless or risky behavior. Some warning signs may not be so obvious, like changes in sleep or appetite; loss of interest in usual activities, giving away belongings, saying goodbyes, sudden calm after distress. Recent loss, breakup, legal/financial stress, or access to lethal means

What should you do if a friend or family member says they're struggling?

Stay with them (or help them stay with a trusted person) until you connect to help. Reduce access to lethal means (lock up or temporarily remove firearms, meds, etc.). Call or text 988 together or use other local resources. If they're willing, help schedule a same-day/next-day appointment. If there is immediate danger, call 911 and request a Crisis Intervention Team (CIT) response if available.

What resources are available in a crisis?

988 Suicide & Crisis Lifeline — Call or text 988 (24/7), NM Crisis & Access Line (NMCAL) — 1-855-NMCRISIS (1-855-662-7474) (24/7) If at the clinic: KPHC Behavioral Health (505-465-5511) can support warm handoffs during business hours; after hours use 988/NMCAL and notify our team for follow-up.

Here is some helpful language for staff/community members: "I'm here with you. Let's call 988 together and talk to a counselor." "Would it help if I stayed on the line/text with you while we connect to support?" "Can we make a plan for the next 24 hours; who you'll be with, where you'll be, and what you'll do if it gets worse?"

Remember, help is always available. If you or someone you know is struggling, call or text 988 for the Suicide & Crisis lifeline. You are not alone.



Milton Sanchez, LCSW -





17th Sept

Suicide Prevention Awareness Seminar

- Old myths, New Truths
- Checking in without sounding scripted
- Why connection and culture matter
- Resources if you (or your someone else) needs help

Where:
Clinic Large Conference Room
When:
Wed, 09/17/2025
1:30-3:00pm
*Lunch will be provided



Milton Sanchez, LCSW



Healthy People, Healthy Community, Healthy Lifestyles

KPHC Diabetes Classes Fall 2025

9:00 - 10:00AM
All sessions offered in WIC Kitchen

2
SEPTEMBER

INTRODUCTION:
Self-assessment
What is Diabetes?
Ways to take care of Diabetes.
Feelings about having Diabetes.
Setting self-management goals

9
SEPTEMBER

HEALTHY EATING PART 1:
How foods change blood sugar.
Reading food labels
Meal planning

16
SEPTEMBER

TAKING MEDICATION:
Different types of diabetes medications
How diabetes medications affect blood sugar

23
SEPTEMBER

BEING ACTIVE:
How physical activity affects blood sugars
Planning activities for exercise
Barriers to exercise and how to overcome them

30
SEPTEMBER

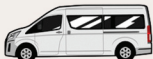
MONITORING/PROBLEM SOLVING
Monitoring blood sugars
Managing high and low blood sugar:
Sick day management

7
OCTOBER

REDUCING RISKS/HEALTHY COPING
Staying healthy with diabetes:
Foot care
Coping with stress
Community resources

14
OCTOBER

HEALTHY EATING PART 2
Restaurant choice:
Healthy cooking
Food safety



In need of transportation?
Call Giselle at 505-470-9222



Santo Domingo Health Center
85 West Highway 22 • Santo Domingo, NM 87052
505-465-3060 | www.kp-hc.org

DOMESTIC VIOLENCE AWARENESS SEMINAR

Love Shouldn't Hurt

- DOMESTIC VIOLENCE ISN'T ANGER ISSUES, IT'S CONTROL
- RED FLAGS YOU CANNOT IGNORE
- HOW TRUE SUPPORT IS EXPRESSED
- SUPPORT THAT GOES BEYOND WELL-WISHES

WHEN:
WEDNESDAY
10/08/2025
1:30-3PM

WHERE:
CLINIC LARGE
CONFERENCE
ROOM



MILTON SANCHEZ,
LCSW

*LUNCH WILL BE PROVIDED



JOIN THE NASA INTERNATIONAL SPACE APPS CHALLENGE

GLOBAL HACKATHON HERE IN ALBUQUERQUE

"Albuquerque, we have a problem..." Hundreds of teams around the planet are answering the call to save Earth! The winners are being offered a bounty of cash prizes:

- ★ 1st place - \$1,000, plus a Global Nomination
- ★ 2nd place - \$500
- ★ 3rd place - \$300

The catch? *You only have 48 hours to win.*

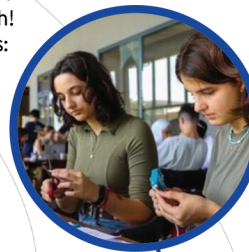
COMPETITION DETAILS:

- ★ **WHEN:**
 - Starts at 10 a.m. on Saturday, October 4th
 - Continues at 10 a.m. on Sunday, October 5th
 - **AWARDS CEREMONY:** Saturday, October 11th at 12 p.m.
- ★ **WHERE:** Q Station, 3225 Central Ave NE
- ★ **WHO:** All ages and skill levels! This is a FREE community event open to the public.
- ★ **HOW:**
 - 1) Register online (space is limited!)
 - 2) Grab a friend (teams are encouraged!)
 - 3) Pick and solve your challenge on October 4th

Also join an informational webinar where we'll walk through the competition and answer your burning questions!



Webinar Link



HOSTED AT:

THANK YOU TO OUR SPONSORS:



In Partnership with:



REGISTER NOW!





WELCOME OUR NEW STAFF MEMBERS

Myra Mike - ECLC Nurse
Dana Chavez PRN MA
Dominique Velasquez

EMPLOYEES OF THE MONTH AUGUST 2025

Angela Aguino
Medical Assistant
Clinical Team

Nic Foster
IT Technician
Administrative

CAREERS

Join our team

Current Openings:

Compliance Specialist
Director of Pharmacy Services
ECL Center - Nurse
General Dentist
Medical Assistant
Medical Records Technician
Pharmacy Technician I/II
Registered Nurse I/II/III



SCAN TO APPLY

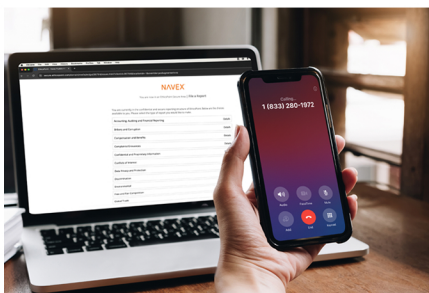


FONEMED

After-Hours Nurse Triage Line

Santo Domingo Health Center has contracted with FoneMed. An Nurse Triage Service to provide our patients with medical advice when the clinic is closed. After-Hours, you will get a recording message, option 1 will be if you want to schedule an appointment but our clinic is closed. You can leave a message and we will call you back once we open again.

Option 9 will transfer the calls to our After-Hours Triage Nurse Line to speak with a live nurse.



NAVEX™

Santo Domingo Health Clinic

Ethics Reporting Hotline Is Now Available!

We are listening! If for some reason there is an issue when you come to our facility and our staff is not able to resolve your matter to your satisfaction, please let us know. EthicsPoint is a comprehensive and confidential reporting tool created by NAVEX.



Santo Domingo Health Center
POB 340 | 85 West Highway 22
Santo Domingo, NM 87052
505-465-3060
WWW.KP-HC.ORG

Hours of Operation:

Monday, Tuesday,
Thursday, Friday
8:00 AM - 5:00 PM
Wednesday
1:00 PM - 5:00 PM

Ensuring health and wellness through excellence in health care with respect for culture